

# Monthly Drop-in Grief Sessions

Our Drop-in Grief classes are for adults who have suffered a loss through death and are looking for support and education on related issues and topics.

**All 2019 classes are on the second Tuesdays**

**January 8th**

**February 12th**

**March 12th**

**April 9th**

**May 14th**

**June 11th**

**July 9th**

**August 13th**

**September 10th**

**October 8th**

**November 12th**

**December 10th**

The grief support programs of SpiriTrust Lutheran Home Care & Hospice are an extension of our hospice program and are available to anyone in the community at **no charge**. You may choose to attend one or more of the monthly sessions. To register or for more information, please call 717-217-3527 or 1-855-817-3085.

**Time:** 1:30—3:00 p.m.

**Location:** St. Luke Lutheran Church on the campus of  
SpiriTrust Lutheran, The Village at Luther Ridge  
2695 Luther Drive, Chambersburg, PA 17202



# Widow to Widow Lunch Group

This on-going support group will meet the *2nd Monday of each month* to provide an opportunity for widows to share and learn about grief and the journey it brings.

Each month will feature a topic related to healing your grief.



**Second Monday of each month  
11:30 a.m. to 12:30 p.m.  
Bonanza Restaurant**

1635 Lincoln Way East  
(their new location across from Lowe's)  
Chambersburg, PA

Each person is responsible for the cost of their meal. Meeting will be in a designated area of the restaurant. For more information and to register, call 717-217-3527.

 **Spiritrust Lutheran**<sup>®</sup>  
Home Care & Hospice